

*******DEPARTMENT: ENVIRONMENTAL EDUCATION & EARTH SCIENCE*

***AREA: FOOD & NUTRITION***

 *CURRICULUM & RESOURCES*

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| 4-H Cooking 101 | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\1.jpg |  |  |
| 4-H Cooking 201 |  | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\2.jpg |  |
| 4-H Cooking 301 |  | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\2.jpg |  |
| 4-H Cooking 401 |  |  | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\3.jpg |
| Let’s Preserve: Canning Basics | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\1.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\2.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\3.jpg |
| Let’s Preserve: Vegetables and Vegetable Products | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\1.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\2.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\3.jpg |
| Let’s Preserve: Fruits and Fruit Products | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\1.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\2.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\3.jpg |
| Let’s Preserve: Tomatoes and Tomato Products | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\1.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\2.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\3.jpg |
| Let’s Preserve: Fermented and Pickled Products | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\1.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\2.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\3.jpg |
| Let’s Preserve: Jams, Jellies and Preserves | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\1.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\2.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\3.jpg |
| USDA Complete Guide to Home Canning | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\1.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\2.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\3.jpg |
| 4-H Cake Decorating Units 1-3 | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\1.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\2.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\3.jpg |
| 4-H Cake Decorating Units 4-6 | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\1.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\2.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\3.jpg |
| 4-H Cake Decorating Units 7-9 | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\1.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\2.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\3.jpg |

 AREA RULES – FOOD EXHIBITS

* 1.  **Youth can ONLY enter exhibits into ONE Cooking Division (Cooking 101, 201, 301, or 401).**
		1. Youth enrolled in cooking projects should continue their skill development. Once they have exhibited in a higher level, they are not eligible to exhibit in a lower level. Ex. Once you exhibit in Cooking 201, you are not eligible to exhibit in Cooking 101.
	2.  **Entries which do not include required information or formatting requirements will be lowered one ribbon placing.**
	3.  **Food Entries: Each exhibit must include the recipe. Recipe can be handwritten, typed or photocopied. Place the food on the appropriate size disposable plate or pan. Put exhibit in a self-sealing bag. Attach entry tag and recipe at the corner of the bag on the outside.**
	4.  **Non-Food Entries: Please attach the entry tag to the upper right hand corner of the entry. All additional information pieces (recipes, special items) must be labeled with exhibitor's name and county.**
	5. Recipes for processed foods used by 4-H members for fair exhibition (except salsa) may originate from any source. However, all processed/preserved food products MUST use USDA approved processing methods.
	6. Allowable Ingredients
		1. Food products must be unquestionably safe to eat when they are entered, whether tasted or not. Egg glazes on yeast products before baking are allowed. Glazes, frostings, and other sugar based toppings are also considered safe due to the high sugar content. Eggs incorporated into baked goods or crusts and cheeses mixed into bread dough are considered safe. All fruit fillings must be cooked. Uncooked fruit is not allowed in any exhibit due to spoilage (i.e. fresh fruit tart). Cream cheese fillings and/or frostings are not allowed. Meat, dried meat, meat substitute pieces (bacon bits, pepperoni, etc.) or melted cheese toppings are not allowed in food exhibits. They may result in an unsafe food product by the time the item is judged due to unpredictable heat/and or weather conditions and will be disqualified.
		2. Ingredients that the 4-H member cannot legally purchase, such as beer, whiskey, rum, etc. may not be used in any recipe or foods exhibit. Exhibits that include alcohol in the recipe will be disqualified. This includes menu and recipe file exhibits.
		3. Commercially prepared mixes are ONLY allowed in Cooking 201 Creative Mix Class.
		4. Any bread item prepared or baked using a bread machine should be entered under the Cooking 201, Non-Traditional Baked Product. All exhibits made in the Cooking 301 or Cooking 401 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.
		5. A standard quick bread pan measures 8” x 5’. If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
	7. Non-Food exhibits may be a poster or foam core board (not to exceed 22”x 30“), computer based presentation printed off with notes pages, if needed, and displayed in a binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.

**DEPARTMENT E – DIVISION 350 – GENERAL**

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| *Division* | *Class* | *Pay* | *Purple* | *Blue* | *Red* | *White* |
| 350 | All Classes | 2 | $4.00 | $3.00 | $2.00 | $1.00 |

**SF) 001 Food Science Exploration** (SF152) – Open to any 4-H’er enrolled in a Foods and Nutrition project. Show the connection between food and science as it relates to food preparation, food safety, or food production.

**SF) 002 Foods and Nutrition Poster, Scrapbook, or Photo Display** (SF122) – Open to any 4-H’er enrolled in a Foods and Nutrition project, involving a nutrition or food preparation or career concept/lesson. This might contain pictures, captions, and/or reports to highlight the concept.

**SF) 003 Physical Activity and Health Poster, Scrapbook, or Photo Display** (SF122) – Open to any 4-H’er enrolled in a Foods and Nutrition project, involving physical activity or career concept/lesson. This might contain pictures, captions, and/or reports to highlight the concept.

**SF) 004 Cooking Basics Recipe File** (SF251) A collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year the 4-H’er is in the project, with year clearly marked on recipes. Display in a recipe file or binder. Be sure to include the number of servings or yield of each recipe. This may be a continued recipe file project from the previously used 4-H curriculum before 2019.

**DEPARTMENT E – DIVISION 401 – COOKING 101**

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| *Division* | *Class* | *Pay* | *Purple* | *Blue* | *Red* | *White* |
| 402 | All Classes | 1 | $2.50 | $2.00 | $1.50 | $1.00 |

**C) 901 Granola Bar or Snack** (SF\_\_) – Two bars on a plate or at least 1/2 cup of snack product in a self-sealing zip lock bag.

**C) 902 Brownies** (SF\_\_) – Four unfrosted brownies made from scratch on a plate.

**C) 903 No Bake Cookie** (SF\_\_) – Four on a plate

**C) 904 Cereal Bar Cookie** (SF\_\_) – Any cereal based recipe made in pan and cut into bars or squares for serving.

**C) 905 Snack Mix** (SF\_\_) – any recipe, at least 1 cup in self-sealing plastic bag

**C) 906 Cookies** (SF\_\_) – Four on a plate

**C) 907 Muffins** (SF\_\_) – Four on a plate

**C) 908-910 Other Item Made in this Project**

**DEPARTMENT E – DIVISION 410 – COOKING 201**

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| *Division* | *Class* | *Pay* | *Purple* | *Blue* | *Red* | *White* |
| 410 | All Classes | 2 | $4.00 | $3.00 | $2.00 | $1.00 |

**SF) 001 Loaf Quick Bread** (SF123) – any recipe, at least ¾ of a standard loaf displayed on a paper plate) Quick bread is any bread that does not require kneading or rising time and does NOT include yeast. A standard quick bread loaf measures approximately 8 ½” x 4 ½” or 9” x 5”. If mini-loaf pans are used for exhibit, two loaves must be presented for judging

**SF) 002 Creative Mixes** (SF142) – Any recipe, at least 3/4 of baked product or 4 muffins/cookies on a paper plate. Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. (Ex. Poppy seed Quick Bread from a cake mix, cake mix cookies, and sweet rolls made from ready-made bread dough, monkey breads from biscuit dough, Streusel Coffee Cake from a cake mix, etc.)  **Write what you learned about making this product using a mix instead of a homemade recipe or recipe “from scratch”. Does it make it better or easier to use a convenience product or mix? Why or why not?**

**SF) 003 Biscuits or Scones** (SF136) – Four biscuits or scones on a plate. This may be any type of biscuit – rolled, dropped any recipe. Recipe must be a non-yeast product baked from scratch.

**SF) 004 Healthy Baked Product** (SF2012-001) – Any recipe, at least 3/4 of baked product or 4 muffins/cookies on a paper plate. May be baked in a disposable pan.) Recipe must contain a fruit or vegetable as part of the ingredients (Ex. banana bars, cantaloupe quick bread, zucchini muffins, etc.).

**SF) 005 Coffee Cake** (SF129) – Any recipe or shape, non-yeast product - at least 3/4 of baked product. May be baked in a disposable pan.)  **Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.**

**SF) 006 Baking with Whole Grains** (SF134) – Any recipe, at least ¾ of baked product or 4 muffins/cookies on a paper plate. May be baked in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)

**SF) 007 Non-Traditional Baked Product** (SF133) – Exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.) Entry must be at least ¾ baked product, or 4 muffins or cookies on a paper plate.  **Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.**

**DEPARTMENT E – DIVISION 411 – COOKING 301**

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| *Division* | *Class* | *Pay* | *Purple* | *Blue* | *Red* | *White* |
| 411 | All Classes | 2 | $4.00 | $3.00 | $2.00 | $1.00 |

**SF) 001 White Bread** (SF138) – Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.

**SF) 002 Whole Wheat or Mixed Grain Bread** (SF138) – Any yeast recipe. At least 3/4 of a standard loaf displayed on a plate.

**SF) 003 Specialty Rolls** (SF138) – Any yeast recipe. 4 rolls on a plate. May be sweet rolls, English muffins, kolaches, bagels, or any other similar recipe that makes individual portions.

**SF) 004 Dinner Rolls** (SF138) – Any yeast recipe. 4 rolls on a plate. May be clover leaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.

**SF) 005 Specialty Bread** (SF141) – Any yeast recipe, includes tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least ¾ of a full sized baked product. May be baked in a disposable pan.

**SF) 006 Shortened Cake** (SF137) – At least ¾ of the cake. Shortened cakes use fat for flavor and texture and recipes usually begin by beating fat with sugar by creaming, and include leavening agents in the recipe. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed). Exhibit must not be from a cake mix.

**DEPARTMENT E – DIVISION 412 – COOKING 401**

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| *Division* | *Class* | *Pay* | *Purple* | *Blue* | *Red* | *White* |
| 412 | All Classes | 3 | $6.00 | $4.00 | $2.00 | $1.00 |

**SF) 001 Double Crust Fruit Pie** (SF144) – Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or premade pie crusts. May be a double crust, crumb, cut-out or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended.

**SF) 002 Family Food Traditions** (SF145) – Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Any baked item associated with family tradition and heritage.  **Entry must include (A) recipe, (B) tradition or heritage associated with preparing, serving the food, (C) where or who the traditional recipe came from.**

**SF) 003 Ethnic Food Exhibit** (SF146) – Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.  **The name of the country, culture or region should be included as part of the supporting information with the recipe, as well as some background information about the country or culture the food item is representing.**

**SF) 004 Candy** (SF147) – Any recipe, 4 pieces of candy on a paper plate or ½ cup. No items containing cream cheese will be accepted (Example: cream cheese mints). Candy may be cooked or no cook; dipped, molded, made in the microwave or other methods of candy preparation.  **Recipe must be included.**

**SF) 005 Foam Cake** (SF138) – Original recipe (no mixes) of at least ¾ of the cake. Foam cakes are cakes that have a high ratio of eggs to flour and fall into three categories: angel food cakes or meringues; sponge or jelly roll cakes; and chiffon cakes. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed).

**SF) 006 Specialty Pastry** (SF143) – Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Baked items such as pie tarts, puff pastry, phyllo doughs, biscotti, choux, croissants, Danish, strudels. Phyllo dough may be pre-made or from scratch. Pastries made with cream or egg based fillings will be disqualified.

**DEPARTMENT E – DIVISION 407 – FOOD PRESERVATION**

 DIVISION RULES – FOOD PRESERVATION

* 1. Processing Methods – Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jams, preserves, marmalades, fruit, tomatoes, and pickled products must be processed in a boiling water bath canner. (Tomatoes may be processed in a pressure canner.) All non-acid vegetables and meats must be processed in a pressure canner. Spoiled or open container disqualifies an entry.
	2. Uniformity – Jars and type of lid should be uniform, all small or large, not necessarily the same brand. Must use canning jar (Kerr or Ball), others will be disqualified. Pint or half pint jars may be used for jellies and preserves. The jars are not to be decorated by the exhibitor in any way. No one-fourth pint jars allowed. Leave jar rings on for fair display, it helps protect the seal. No zinc lids. Improperly canned or potentially hazardous food items will be disqualified.
	3. Current Project – All canning must be the result of this year’s 4-H project, since September 1, of the previous calendar year.
	4. Criteria for Judging – Exhibits will be judged according to score sheets available at your local Extension office. Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to altitude in the county will be lowered one class ribbon. Check with your local extension office for your county’s altitude and how that affects food processing times and pounds of pressure.
	5. Recipe/Labeling – Recipe must be included, may be handwritten, photocopied or typed. Commercially prepared mixes are not allowed. See http://food.unl.edu/web/preservation/home for current USDA guidelines, how to find your Nebraska altitude, and proper procedures for food preservation. Jars should be labeled with name of 4-H’er, county, and name of product and date of processing. Write plainly on a label and paste or tape securely on jar bottom. In addition:
		1. All canned foods must include the following supporting information:
			1. Method of preservation (pressure canner or water bath canner)
			2. Type of pack (raw pack or hot pack)
			3. Altitude and altitude adjustment if needed
			4. Processing time
			5. Number of pounds of pressure, if pressure canner used
			6. Recipe and source of recipe. If a publication, include name and date. Recipe can come from any source, but, current USDA guidelines must be followed
				1. http://food.unl.edu./web/preservation/home
		2. All dried foods must include the following supporting information:
			1. Recipe and recipe source
			2. Method of pretreatment
			3. Drying method and drying time
			4. Write plainly on label and attach securely to exhibit. Securely attach official entry card to exhibit. Multiple dried food exhibits should be secured by a rubber band or “twisty” to keep exhibit containing the 3 self-sealing bags together

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| *Division* | *Class* | *Pay* | *Purple* | *Blue* | *Red* | *White* |
| 407 | All Classes | 2 | $4.00 | $3.00 | $2.00 | $1.00 |

*FREEZING PORJECT MANUAL – UNIT I*

**SF) 001 Baked Item Made with Frozen Produce** (SF155) – Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Recipe MUST include a food item preserved by the freezing method done by the 4-H’er. Ex. Peach pie, blueberry muffins, zucchini bread, etc.).  **Supporting information must include both the recipe for the produce that was frozen as part of this project AND the baked food item.**

*DRYING PORJECT MANUAL – UNIT II*

**SF) 002 Dried Fruit** (SF154) – Exhibit 3 different examples of dried fruit. Place each dried fruit food (6-10 pieces of fruit, minimum 1/4 cup) in a self-sealing bag.

**SF) 003 Fruit Leather** (SF154) – Exhibit 3 different examples of fruit leathers. Place a 3” – 4” sample of each leather in self-sealing bags.

**SF) 004 Vegetable Leather** (SF154) – Exhibit 3 different examples of vegetable or vegetable/fruit leathers. Place a 3” – 4” sample of each leather in self-sealing bags.

**SF) 005 Dried Vegetables** (SF149) – Exhibit 3 different samples of dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag.

**SF) 006 Dried Herbs** (SF149) – Exhibit 3 different samples of dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag.

**SF) 007 Baked Item Made with Dried Produce/Herbs** (SF156) – Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Recipe MUST include a dried produce/herb item made by the 4-H’er. Ex. Granola bar made with dried fruits, dried cranberry cookies, Italian herb bread, lemon thyme cookies.  **Supporting information must include both the recipe for the dried produce/herb AND the baked food item.**

*BOILING WATER CANNING PORJECT MANUAL – UNIT III*

**SF) 008 1 Jar Fruit Exhibit** (SF150) – 1 jar of a canned fruit.

**SF) 009 3 Jar Fruit Exhibit** (SF150) – 3 jars of different canned fruits. May be 3 different techniques for same type of product (applesauce, canned apples, apple pie filling, etc.).

**SF) 010 1 Jar Tomato Exhibit** (SF150) – 1 jar of a canned tomato product.

**SF) 011 3 Jar Tomato Exhibit** (SF150) – Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.).

**SF) 012 1 Jar Pickled Exhibit** (SF150) – 1 jar of a pickled and/or fermented product.

**SF) 013 3 Jar Pickled Exhibit** (SF150) – Exhibit 3 jars of different kinds of canned pickled and/or fermented products.

**SF) 014 1 Jar Jelled Exhibit** (SF153) – 1 jar of a jam, jelly or marmalade.

**SF) 015 3 Jar Jelled Exhibit** (SF153) – 3 different kinds of jellied products. Entry may be made up of either pints or half pints (but all jars must be the same size).

*PRESSURE CANNING PORJECT MANUAL – UNIT IV*

**SF) 016 1 Jar Vegetable or Meat Exhibit** (SF150) – 1 jar of a canned vegetable or meat.

**SF) 017 3 Jar Vegetable Exhibit** (SF150) – 3 jars of different kinds of canned vegetables.

**SF) 018 3 Jar Meat Exhibit** (SF150) – 3 jars of different kinds of canned meats.

**SF) 019 Quick Dinner** (SF1541) – Exhibit a minimum of 3 jars to a maximum of 5 jars (all the same size) plus menu. Meal should include 3 canned foods that can be prepared within an hour.  **List complete menu on a 3" X 5" file card and attach to one of the jars.**

**SF) 020 1 Jar Tomato Exhibit** (SF150) – 1 jar of a canned tomato product.

**SF) 021 3 Jar Tomato Exhibit** (SF150) – Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.).

**DEPARTMENT E – DIVISION 414 – CAKE, COOKIES, ANS CUPCAKES DECORATING**

 DIVISION RULES – CAKE DECORATING

* 1. Limit of 3 entries per exhibitor.
	2. Cake will NOT be tasted by the judge.
	3. Youth may decorate a Styrofoam cake for classes 901-904.

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| *Division* | *Class* | *Pay* | *Purple* | *Blue* | *Red* | *White* |
| 414 | All Classes | 1 | $2.50 | $2.00 | $1.50 | $1.00 |

**C) 901 Unit 1** (SF\_\_) – Bake and frost an 8” or 9” round or square or 9” x 13” oblong cake. Decorate with edible items, such as candies, pretzels, coconut, etc. Non-edible items (plastic, paper, toothpicks) may not be used on the cake. Do not use decorating tubes.

**C) 902 Unit 2** (SF\_\_) – Bake and decorate a character cake. Use decorating tubes appropriate for the design selected. Non-edible items (plastic, paper, toothpicks) may not be used on the cake.

**C) 903 Unit 3** (SF\_\_) – Bake and decorate a two-layer cake. Use three to five different types of tubes in decorating. You must use the writing, star, and leaf tubes. Two other tubes of your choice may be used if they enhance your design. Do not use flowers make on a flower nail or materials other than icing. Only icing should be used in decorating the cake.

**C) 904 Unit 4** (SF\_\_) – Bake and decorate a cut-up cake. The design must be applied using at least three decorator tubes, however, parts of the design may be created with edible materials (coconut candies etc.) Only edible items may be used on the cake.

**C) 905 Unit 5** (SF\_\_) – Bake and decorate one two-layer 8”, 9” or 10” cake using a minimum of: one flat surface flower, one flower made on a flat flower nail, one border and one side trim learned in the unit. Design should be suitable for the size and shape of the cake. Use only edible materials except stamens for the flowers. Stamens may be purchased or hand made.

**C) 906 Unit 6** (SF\_\_) – Bake and decorate one two-layer 8”, 9” or 10” cake using figure piping, string work, flower made on a lily nail and techniques learned in previous units. Design should be suitable for the size and shape of the cake. Artificial stamens for flowers, leaves, wire stems and floral tape may be used. All other cake decorations must be edible. Other decorations which may be used on the cake include flowers and leaves hooked to a wire stem.

**C) 907 Unit 7** (SF\_\_) – Bake and decorate a cake using two tiers of graduated sizes. Each tier should be a two-layer cake. Supports, separator plates, and pillars may be used. Techniques learned in previous units must be used to decorate the cake. The decorated cake must be for a wedding, anniversary, formal party or other equally elegant occasion. Design should be suitable for the size and shape of the cake. Artificial stamens for flowers, leaves, wire stems, floral tape, special occasion ornaments, tulle and filler flowers may be used. All other cake decorations must be edible.

**C) 908 Unit 8** (SF\_\_) – Bake and decorate one two-layer 8”, 9” or 10” cake. Decorate with molded items. Molded items may include pastillage, molded butter cream, gun paste, marzipan, molded chocolate, sugar molds, etc. Design should be suitable for the size and shape of the cake. All molds and/or shapes must be made of edible materials.

**C) 909 Unit 9** (SF\_\_) – Plan, develop and evaluate your own cake decorating project. Write a brief description of your project, including your goals, plans, accomplishments and devaluation of results. You may use pictures or any records you have kept to provide evident of your accomplishments. Exhibit may be a poster (not to exceed 22” x 28”), a notebook or a small educational display.

**C) 910 Decorated Cookie** (SF\_\_) – plate of 4. Open to any 4-Hers enrolled in a Foods project. Cookies may be home baked or purchased. Each will be decorated by the 4-H member.

**C) 911 Decorated Cupcakes** (SF\_\_) – plate of 4. Open to any 4-Her enrolled in a Foods project. Cupcakes may be home baked or purchased. Each will be decorated by the 4-H member.

*******DEPARTMENT: HEALTHY LIFESTYLES*

***AREA: PHYSICAL FITNESS***

 *CURRICULUM & RESOURCES*

 AREA RULES – PHYSICAL FITNESS

* 1.  **Entries which do not include required information or formatting requirements will be lowered one ribbon placing.**

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| YOUth in Motion (4H5100) – Intermediate |  | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\2.jpg |  |

**DEPARTMENT E – DIVISION 300 – YOUTH IN MOTION**

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| 300 | All Classes | 1 | $2.50 | $2.00 | $1.50 | $1.00 |

**C) 901 Poster, Scrapbook, or Photo Display** (SF122) – Exhibit about the 4-H’er or the family involved in a physical activity or concept/lesson involving this project. This might contain pictures, captions, and/or reports about the physical activity the individual or family did as a result of taking this project.

**C) 902 Activity Bag** (SF258) – A duffle bag or backpack that the 4-Her packs so that they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Make sure all items are clean and clearly labeled and an explanation of why it is included in the Activity Bag. Do not put valuable items (i.e. electronics) in Activity Bag, instead use a picture of the item or include in the listing of items.

**C) 903 Healthy Snack Recipe File** (SF251) – Collection of 10 recipes from any source. Each recipe must accompany a complete snack menu in which the recipe is used, following the idea that a healthy snack includes foods from at least two different food groups. An additional 10 recipes may be added each year 4-H'er is in the project, with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or in a binder. Be sure to include the number of servings or yield of each recipe.

**C) 904 Healthy Lifestyle Interview** (SF130) – Interview someone in your life that you admire that is physically active or has a healthy lifestyle. Why do they enjoy their exercise program or lifestyle choices? What are their goals? Why do you admire them? Maximum of two pages, one sided. Consider creativity and neatness. Mount on colored paper or poster board, or display in binder. Include a picture of the person interviewed. Overall size of mounted exhibit should be no larger than 9 X 12 inches.

**C) 905 Healthy Snack** (SF125) – See ideas for non-perishable snacks on page 36. Four cookies, bars, muffins, etc., on a paper plate, or at least 1 cup of mix. (Examples might include: granola bars, homemade crackers or chips,).  **Supporting information to include recipe and snack menu, and why this snack menu might be considered a healthy snack.**

**C) 906-908 Other Item Made in this Project**

*DEPARTMENT: HEALTHY LIFESTYLES*

***AREA: SAFETY***

 *CURRICULUM & RESOURCES*

 AREA RULES – SAFETY

* 1.  **Entries which do not include required information or formatting requirements will be lowered one ribbon placing.**

|  |  |  |  |
| --- | --- | --- | --- |
| Citizen Safety | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\1.jpg | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\2.jpg |  |
| Design my Place | C:\Users\kblack6\AppData\Local\Temp\Temp1_B.zip\1.jpg |  |  |

**DEPARTMENT E – DIVISION 440 – SAFETY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| *Division* | *Class* | *Pay* | *Purple* | *Blue* | *Red* | *White* |
| 440 | All Classes | 2 | $4.00 | $3.00 | $2.00 | $1.00 |

**SF) 001 First Aid Kit** (SF110) – A first aid kit is a good way to organize supplies in an emergency. The kit should be assembled in a container appropriate for the kit’s intended use.  **A description of where the kit will be stored and examples of specific emergencies for that situation should be included in the exhibit. The kit should include a written inventory and purpose statement for included items. Items should cover the following areas: airway and breathing, bleeding control, burn treatment, infectious disease protection, fracture care and miscellaneous supplies. (Citizen Safety, p. 6-7)**

* Kits containing any of the following will be automatically disqualified:
	+ Prescription medications. (If the kit's purpose is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication.)
	+ Materials with expiration dates on or before the judging date.
	+ Any controlled substance.

**SF) 002 Disaster Kit** (SF111) – Emergency Preparedness Disaster kits must contain the materials to prepare a person or family for emergency conditions caused by a natural or man-made incident. Selection of materials is left to the exhibitor. Family or group kits must have enough material or items for each person.  **A description of the kit's purpose, the number of people supported and a list of contents is required.** Youth are encouraged to test their kit by challenging their family to try to survive using only the included materials for the designated time. If tested, share that experience in kit documentation.  **Please include an explanation of drinking water needs for your disaster kit. Do not bring actual water to the fair in the kit.**

**SF) 003 Safety Scrapbook** (SF292) – The scrapbook must contain 15 news articles from print and/or internet sources about various incident types. Mount each clipping on a separate page accompanied by a description of events leading to the incident and any measures that might have prevented it. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½" X 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

**SF) 004 Safety Experience** (SF190) – The exhibit should share a learning experience the youth had related to safety. Examples could be participating in a first aid or first responder training, a farm safety day camp, babysitting workshop or similar event; scientific experiment related to safety; or the youth’s response to an emergency situation. The exhibit should include a detailed description of the experience, the youth’s role, some evidence of the youth’s leadership in the situation and a summary of the learning that took place. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation on a CD lasting up to five minutes.

**SF) 005 Careers in Safety** (SF191) – The exhibit should identify a specific career area in the safety field and include education and certification requirements for available positions, salary information, demand for the field and a summary of the youth’s interest in the field. Examples of careers include firefighters, paramedics, emergency management personnel, some military assignments, law enforcement officers, emergency room medical personnel, fire investigator and more. It is recommended youth interview a professional in the field in their research. Additional research sources might include books, articles, career web sites, job-related government web sites or interviews with career placement or guidance counselors. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation on a CD lasting up to five minutes.

**DEPARTMENT E – DIVISION 450 – FIRE SAFETY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| *Division* | *Class* | *Pay* | *Purple* | *Blue* | *Red* | *White* |
| 450 | All Classes | 2 | $4.00 | $3.00 | $2.00 | $1.00 |

**SF) 001 Fire Safety Poster** (SF269) – This is a home floor plan drawn to scale showing primary and secondary escape routes and where fire extinguishers and smoke detectors are located. Draw every room, including all doors and windows. Use black or blue arrows showing primary escape routes from each room. Draw red arrows showing secondary routes to use if the primary routes are blocked. Primary and secondary escape routes must lead outside to an assembly location.  **Documentation should include evidence the escape plan has been practiced at least four times. Poster must be constructed of commercial poster board at least 11”x14” but not larger than 22”x28”.**

**SF) 002 Fire Safety Scrapbook** (SF270) – This scrapbook must contain at least 10 news articles from print and/or internet sources about fires to residential or commercial properties or landscapes. Mount each clipping on a separate page accompanied by a description of events leading to the incident and any measures that might have prevented it. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½” x 11” paper. Correct sentence structure, readability and thorough explanations are important part of judging.

**SF) 003 First Prevention Poster** (SF268) – Posters should promote a fire prevention message and be appropriate to display during National Fire Prevention Week or to promote fire safety at specific times of the year (Halloween, 4th of July, etc.). Originality, clarity and artistic impression will all be judged. Do not include live fireworks, matches or other flammable/explosive/hazardous materials. Any entry containing this material will be disqualified.  **Posters must be constructed of commercial poster board at least 11" x 14" but not larger than 22” x 28”.**